



Breakfast at the Highlevel Diner

BEVERAGES

Coffee or tea - 2.50

Specialty Tea - 2.95

Espresso - 2.50

Cappuccino or latte - 3.95

Latte in a bowl - 5.25

Iced Coffee - 4.95 (Vietnamese Style)

Hot chocolate - 3.95

topped with Chocolate whipped cream

Chai Latte - 5.25

Mimosa - 5.95 - sparkling wine with choice of orange, cranberry or lychee juice, with a dash of Grand Marnier

Café Mocha - 5.95 Hot chocolate with a shot of espresso topped with Chocolate Whipped Cream

Hot cranberry or apple cider - 4.95 made with real juice

Juice - orange, apple, tomato, sm 2.50
lychee, grapefruit, cranberry, lg 3.50
pineapple, clamato

BREAKFAST BREADS

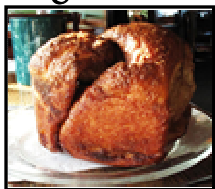
Wild Blueberry buttermilk pancakes - 8.50

With choice of Okanagan raspberry or blueberry syrups, real maple syrup or sugar-free syrup. Hearty and delicious.

With fresh Fruit - 10.50

OR With 3 strips of bacon - 11.50

7-grain toast - 2.00



Cinnamon bun - 3.95
Edmonton's favourite. Get them while they last.



Muffins - 3.50
Bran Nut, Orange Nut, Date Nut or Cornmeal

Order by noon a day ahead, and we will make you up a box of cinnamon buns to take home or to the office. You'll be a hero.
6 for \$20.00 or 12 for \$35.00

OUR HOME-MADE KETCHUP has 2/3 less salt and sugar and we think much more flavour than commercially-produced ketchup. Try some.
We're sure you'll like it.

Ask your server if you wish to see our celiac-friendly menu.

These Drinks Served in a mason jar

Fruit Frappa - 5.50

Choice of strawberry, mango, banana or wild blueberry blended with orange juice, yoghurt, honey & ice

Island Cooler - 5.50

Pineapple, banana, lemon & pineapple juice with coconut cream, blended with ice

Low fat Fruit Shake - 5.50

Banana, strawberries & Italian pear nectar, blended with ice

Mandarin Fruit Punch - 4.00

Cranberry juice, lychee juice & soda, served over ice

Fruit Spritzer - 3.95

Pear, peach or apricot with soda served over ice

Twilight Zone - 3.50

Lime juice & soda served over ice. Very light and refreshing.



FRUIT AND CEREAL

***Hot multigrain cereal - 6.95**
Stick-to-your-ribs, healthy goodness.
Made from Alberta-grown organic grains.

With wild blueberries - add 1.50

***Take some grains home- you can purchase a bag of our multigrain cereal mix at the front door, complete with recipe**



Bowl of Fresh fruit - 7.25

Apple, grapefruit, orange, pineapple, cantaloupe, honeydew and grapes

House roasted granola - 6.95
with fresh fruit and milk

With yogurt side - add 1.50

Substitute Soy milk for regular milk with any item - ask your server

Fresh fruit with Yoghurt and Honey - 7.25

EGGS

Our eggs are locally produced from free-range chickens.

Greek Eggs - 12.00

3 free-range egg omelette with green onions and basil stuffed with feta cheese and served with hash browns and 7-grain toast. Much cheaper than a Mediterranean cruise.

Huevos Rancheros - 12.00

2 free-range eggs with cheddar served atop refried beans, rice, and a corn tortilla topped with spicy tomato sauce. Served with homemade salsa.

If you can't get to Mexico this winter, this is the next best thing.



Breakfast Special - 6.99

2 locally produced, free-range farm fresh eggs, bacon, hashbrowns and 7-grain toast.

Substitute fruit - add 2.00

Available 7:30 am to 3:00 pm Monday through Friday

Ask your server if you wish to see our celiac-friendly menu.

Daily quiche (with fruit) - 9.50

Half-order of quiche - 5.95

Farmer's Omelette - 12.00

Best in town. 3 free-range egg omelette with bacon, onion, potato and cheddar served with hashbrowns and 7 grain toast. Yummy!!

Veggie Omelette - 12.00

3 free-range egg omelette. Ask your server for today's combination of veggies and cheese. Served with hashbrowns and 7-grain toast. Healthy and delicious.

